

**Date:** July 23, 2019  
**CYF Memo:** # 04 -19/20  
**To:** Short Term Residential Therapeutic Program (STRTP) Mental Health Treatment Providers  
**From:** Yael Koenig, CYF Deputy Director  
**Re:** **Training Requirements for STRTP Mental Health Providers Beginning in Fiscal Year 19/20**

Behavioral Health Services, in partnership with the STRTP placing agencies Child Welfare Services and Juvenile Probation, have established minimum clinical training requirements to meet the complex and intensive needs of children and youth placed in STRTPs. As of fiscal-year 19/20 the following training requirements apply to STRTPs who have obtained Mental Health Program Approval.

- Within **6 months of hire** all STRTP Mental Health Program direct-service **registered or licensed clinicians and clinical supervisors** must commence the following training:

[Dialectical Behavioral Therapy \(DBT\)](#) Training Series (19 CE's) – Course Code: BH0079, which includes:

- Introduction to DBT e-Learning – BHE0034 (prerequisite)
- 2-day skill training
- 4-hour Case Conference
- 1-hour Group Consultation

- Within **6 months of hire** all STRTP Mental Health Program direct- service staff (**Rehab staff, Case Managers, Family/Youth Support Partners**) who are not registered, or licensed clinicians must commence the following training:

[Introduction to Motivational Interviewing](#) (11 CE's) - Course Code: BH0003, which includes:

- 1 full day session
- 1 half-day session

- Within **12 months of hire** all STRTP Mental Health Program direct-service **registered or licensed clinicians and clinical supervisors** must commence the following training:

[Cognitive Behavioral Therapy \(CBT\)](#) Training Series (19 CE's) --Course Code: BH0201, which includes:

- 2-day skill training
- 4-hour Case Conference
- 1-hour Group Consultation

Training timelines shall **begin the date of Mental Health Program Approval** for Employees hired prior to Approval date and will be tracked in the QSR.

STRTP Mental Health Program staff are required to meet **all training requirements** outlined in the **Interim Mental Health Program Approval for STRTP Protocol** and County of San Diego CYF training requirements outlined in the **OPOH**. The in-person trainings noted above may be counted towards the STRTP Interim Mental Health Program Approval requirements in the following Sections: **16-a-1: Client-centered and trauma informed approach to addressing the needs and goals of children admitted to the STRTP**, and/or **Section 16-a-5: Interpersonal relationship and communication skills**. The trainings may also count towards the **OPOH Continuing Education Unit requirements** outlined in section O: Training.

BHS has implemented multiple DBT, MI and CBT trainings through the RIHS contract, with spacing during the fiscal year aligned to assist STRTPs to meet training requirements. **ST RTP providers may also utilize the program's training budget** to complete required trainings if unable to leverage RIHS trainings.

**Exception may be authorized through written COR pre-approval**, with very specific rationale documenting reason for exception and alternate plan.

For questions, please contact your COR or Seth Williams, Behavioral Health Program Manager for Continuum of Care Reform at [SethWilliams@sdcounty.ca.gov](mailto:SethWilliams@sdcounty.ca.gov) or 858-584-3042.

CC: County of San Diego Child Welfare Services  
County of San Diego Juvenile Probation Department  
County of San Diego Quality Management  
Responsive Integrated Health Solutions